at least one sub-module adapted to undergo reciprocal translation in a first direction;

at least one shape memory component, extending generally in said first direction;

means for heating said at least one shape memory component beyond the memory transition temperature to contract said shape memory component and urge said at least one sub-module to translate in said first direction and undergoing a stroke displacement.

- 2. The linear actuator of claim 1, wherein said means for heating includes an electrical circuit connected to said at least one shape memory components for ohmic heating thereof.
- 3. The linear actuator of claim 1, further including return spring means for resiliently opposing said stroke displacement.
- 4. The linear actuator of claim 3, wherein said return spring means generates a return force versus displacement characteristic that is optimized to relax and extend said at least one shape memory component with minimum residual strain.

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- 5. The linear actuator of claim 4, wherein said return spring means comprises a rolamite spring assembly.
- 6. The linear actuator of claim 3, further including a fixed anchor point, and said return spring means is connected between said at least one sub-module and said fixed anchor point.
 - 7. The linear actuator of claim 1, further including a housing having interior features impinging on said at least one sub-module to support said sub-module in reciprocally translating fashion.
 - 8. The linear actuator of claim 1, further including means for cooling said at least one shape memory component.
 - 9. The linear actuator of claim 1, wherein said means for cooling includes a heat-conducting fluid surrounding said at least one shape memory component.
- 10. The linear actuator of claim 3, wherein said return spring means
 20 generates a return force versus displacement characteristic that is substantially linear through a portion of the excursion of said return spring means.

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- 11. The linear actuator of claim 3, wherein said spring means comprises a deflectable beam spring.
- 12. The linear actuator of claim 3, wherein said spring means comprises a
 5 bar adapted for reciprocal translation, said bar including a cam surface, and cam follower means impinging on said cam surface to exert a restoring force that is a function of the slope of said cam surface.